

Traumatic Events: Strategies for Employees on Coping with Stress and Concern

In light of recent incidents of violence, shootings, and terrorism-related incidents in the United States and world-wide, Los Angeles County employees might find that they are experiencing fear, worry, or other distressing thoughts and reactions during work hours, when interacting with the public, or at home. It's normal to experience stress, anxiety and fear following traumatic events. Here are some coping strategies employees can use to help themselves, their children, and families:

1. Manage Your Stress

- Stay informed. Refer to credible sources for updates on the situation, but limit your exposure to upsetting media reports and unverified rumors.
- Stay focused on personal strengths that help you cope positively.
- Maintain a healthy routine (sleep, exercise, healthy meals, etc.).
- Make time for recreation, relaxation, and enjoyable activities.

2. Prepare Yourself and Your Family and Children

- Review and maintain your family disaster plan.
- Provide opportunities for family members to talk. Listen to your children's concerns regarding current events and give them honest, age-appropriate information.
- Maintain family routines.
- Turn off the TV and limit your children's exposure to upsetting media reports and unverified rumors.
- Stay calm! Children look to you to interpret confusing events.

3. Connect With Your Community

- Keep contact with supportive co-workers, family and friends.
- Join a comforting community, support or faith-based group.
- Accept help from family, friends, co-workers and clergy.
- Reach out to neighbors and friends with disabilities or access and functional needs that may need your assistance.

4. Get More Help When Needed

- If you or a loved one is having difficulty coping during this period of uncertainty, seek help from a trusted friend, family member or when needed, a mental health professional or spiritual care provider.



Be Proactive!

1. Prepare yourself and your family for emergencies.
2. Set up strong social support networks.
3. Help others in need by volunteering and donating time and resources to trusted organizations.
4. Keep a positive attitude and outlook.

Resources

**Los Angeles County
Department of Mental Health
Access Center 24/7 Helpline
(800) 854-7771**

